



**Celebrating Health Promoting Schools**  
**Large Grants Approved for three HPS Schools**

The mission of the Healthy Learners in School Program is to improve, maintain and support students’ health, wellness, and learning. Health Promoting School (HPS) teams, which are made of school and community members, work together towards this goal. We are pleased to announce that three of our schools have each received large grants to put towards their latest projects.

**Inside this issue:**

<i>12 Ways to Nurture your Children</i>	2
<i>Eat Well. Live Well.. Canada’s new food guide!</i>	3
<i>Wellness Challenge at NMS</i>	4
<i>Get up! Get going!</i>	4
<i>Protect kids from cannabis at home.</i>	5
<i>Walk like a penguin!</i>	5



**Chipman Forest Avenue School:**

Chipman is a rural community. This makes it hard for students to participate in physical activities. This is especially true in the winter. Many people do not have access to the equipment they need to do healthy winter activities.

Chipman Forest Avenue applied and received a \$5,000 *Active Communities Grant* to develop a ski-sharing program. With this money, they will buy 20 sets of cross-country skis and poles. Everyone from the community will be able to

use the gear. A "Learn to Ski" program will teach participants the benefits of physical activity. The equipment and ski trail at Chipman Forest Avenue School will encourage people to get active and connected to their community.

**Minto High School:** Minto is an aging community with many seniors. The HPS committee felt that high school students would benefit from learning culinary arts and journalism skills from local seniors. Seniors can teach students these skills by using hands-on learning. A Seniors Mentoring Youth in Lifestyle Skills (SMYLS) (pronounced “Smiles”) program was developed.

Trinity United Church applied for \$16,400 through the *New Horizon for Seniors Grant* to develop culinary art classes for Minto High School students. With this funding, students will receive cooking and/or baking lessons from seniors twice a month. The food prepared during these sessions will be used in the school’s breakfast program. Seniors and students will also create a cookbook which will highlight local recipes and stories of life in Minto. Proceeds from the cookbook will be used to help sustain Minto’s SMYLS program.



**Summerhill Elementary School:** Summerhill Elementary has teamed up with Oromocto High School students. Their goal is to increase the food skills and knowledge of the elementary students. The school has secured a \$2,000 grant from *Economic and Social Inclusion Corporation*. They will use these funds for a grow tower, food for cooking sessions, and some basic kitchen materials for Grade 4 students. This is the school’s first initiative as a Health Promoting School.



**Congratulations to all three schools!**

Joanna Seeley  
 Oromocto Education Centre

**Upcoming Events**

**March 2019**

Nutrition Month

**March 8, 2019**

International Women’s Day

**March 22, 2019**

World Water Day

**April 21-28, 2019**

National Immunization Awareness Week

**April 22, 2019**

Earth Day



## Positive Mental Health

### **Positive Mental Health: 12 Ways to Nurture your Children**

Nurturing your child's mental health is equally as important as taking care of their physical health. Parents play a powerful role in building resiliency and promoting positive mental health. Creating a positive atmosphere at home helps promote positive mental health and keeps you in the know about your child's emotional needs.



1. Do your best to create a home that is supportive, safe and low on stress.
2. Create routines. Routines give children a sense of stability. Start the morning off with a healthy breakfast to kick off the day. Ensure your child gets a full nights rest. The Pediatric Association recommends 9-12 hours of sleep for children ages 6-12, and 8-10 hours for children ages 13-18.
3. Develop a strong connection with your child. This can be done during dinner, story time or chatting one on one prior to bedtime. Let them know that you will always be there for them.
4. Set realistic goals with your child. This can include; fun projects around the house, performing an exercise routine together, or doing something to give back to the community. Helping others can be rewarding and make you feel good about yourself.
5. Be a role model for your child. It is important for adults to take care of their own mental health in order to promote their child's. Practice healthy eating habits, exercise, check in with a friend, get plenty of sleep and be kind to yourself.
6. Demonstrate empathy by listening to your child's needs. Let them know that it is ok to talk about their feelings, thoughts or the challenges they may be facing. Encourage them to express their emotions.
7. Practice mindfulness with your child. Practice deep breathing exercises, take a walk in nature together or practice a mindful bedtime routine.
8. Build their self-esteem by showing them lots of love. Praise your child for the things they do well, this will help them to feel good about themselves. Take interest in their hobbies and activities.
9. Be mindful about discussing certain stressors like financial, marital or illness around your child. These conversations can be upsetting for your child and may have an impact on their mental health.
10. Limit screen time and be aware of the content your child is viewing. Help your child learn safe and responsible internet use.
11. Pick and choose the behaviors that you will address with your children. Parenting does not come with a manual, take some time and sit down with your children explore possible solutions to their problems. Role playing with your child may help them deal with difficult situations.
12. Add some FUN into your daily routines. We often get caught up in hectic schedules but laughter is important in maintaining positive mental health. Turn on some music and dance with your child, make a fort in your living room or play a board game together.

Adapted from [https://www.caringforkids.cps.ca/handouts/mental\\_health](https://www.caringforkids.cps.ca/handouts/mental_health)

Jill Francoeur  
Fredericton Education Centre



## **Eat Well. Live Well. Canada's new food guide released!**

Canada's food guide was released in January with a focus on eating a variety of healthy foods every day, having plenty of vegetables and fruits, protein, whole grain foods and making water your drink of choice. Canada's food guide also encourages Canadians to be mindful of their eating habits, cook more often, enjoy their food, eat meals with others, use food labels, limit foods high in sodium, sugars or saturated fat, and to be aware of food marketing. Grocery bills can add up, but there are many different ways to cut costs while enjoying nutritious foods.

- Buy fruit and vegetables that are in season when they are less expensive. Also consider frozen or canned fruit and vegetables - they are also healthy options.
- Choose plant-based protein like beans, lentils and tofu more often. These are inexpensive protein foods that you can use to replace meat or decrease the amount of meat needed in a recipe.
- Limit highly processed foods (like instant meals) and prepare foods at home more. Cooking at home saves money and the whole family can be involved in creating a culture of healthy eating in your home.
- Drink tap water! We are lucky to live in a place where we have access to safe drinking water from our taps. Carry a reusable water bottle with you when you are out, and order tap water at restaurants. Water is important for your health and a great way to stay hydrated.
- Make a grocery list, shop for sales (on things you know you need and will use), and compare prices between brands and between stores. Buy in bulk when it makes sense; buying more than you need will result in waste in the long run!



Adapted from [www.canada.ca/foodguide](http://www.canada.ca/foodguide)

### **Corn, Bean and Squash Soup (Three Sisters' Soup) - Serves 8**

#### Ingredients

- 10 mL (2 tsp) canola oil
- 1 medium onion, diced
- 4 carrots, chopped
- 4 garlic cloves, minced
- 4 celery stalks, chopped
- 2 L (8 cups) no salt added vegetable broth
- 1 butternut squash, cubed
- 375 mL (1 ½ cups) corn kernels, frozen
- 2 cans (2 x 540 mL/19 oz.) no salt added kidney beans, drained and rinsed
- 10 mL (2 tsp) dried thyme (or 60 mL/4 tbsp. fresh)
- 5 mL (1 tsp) pepper

#### Directions

1. Heat oil in a large saucepan. Add onions and sauté over medium heat, stirring often until golden, about 2 minutes.
2. Add carrot, garlic and celery and sauté for another 8 minutes, or until softened.
3. Add vegetable broth and bring to a boil.
4. Turn down heat and add cubed squash. Simmer, covered, for 8 minutes, stirring occasionally.
5. Add beans, corn, thyme and pepper. Stir and simmer another few minutes, until squash is soft when poked with a fork.

Retrieved from [www.canada.ca/foodguide](http://www.canada.ca/foodguide)

Gill Salmon RD  
Fredericton Public Health

# Physical Activity



## Physical Activity at Nashwaaksis Memorial School

Nashwaaksis Memorial School staff have successfully launched a wellness challenge. Staff collect points for participating in certain wellness behaviors. They are also tracking their steps using pedometers and Fitbits. Students also get in on the action by participating in “Just Dance” physical activity sessions throughout the week.



Top: Some of the NMS teachers and staff that are participating in the wellness challenge.

Right: NMS Students participating in the “Just Dance” activity during an indoor recess.

Submitted by Jackie Hay  
Nashwaaksis Memorial School

### Get up! Get going!

Life is often busy with school and work, and it can be hard to find time to be active. Here is a little secret though: All children want to play. It's all about finding the right physical activity that perks their interest. Let's help our kids play the way we used to!

- Plan for at least of **one hour of physical activity every day**. If needed break your activity down into ten minute time periods.
- **Take part in different activities.** Each activity or sport that you do works different muscles in your body.
- **Try activities that are new to you.** This can help you find new things you enjoy to do and you may meet some new people as well.
- **Be an example for others.** By choosing to be active, you may encourage others in your family to get up and get going too!
- **Enjoy being active!** The most important thing is to have fun and be safe.
- **Set personal or family activity goals.**
- **Leave the screen and go green!** Today's children spend more time in front of a screen than ever before. Turn off the computer and television. Give the eyes a break and get the body moving.

For more tips and tricks go to [www.participACTION.com](http://www.participACTION.com)

Adapted from: 10 active lifestyle tips for kids and teens by Catherine Cameron.  
Cameron, C. (2013). 10 active lifestyle tips for kids and teens. *Participation*.

Healthy Learners in School Program  
Woodstock Education Centre



# Be Safe...Reduce Risk



## Protecting Kids from Cannabis in the Home



Cannabis is now legal, and it's important that we keep our kids safe. Since legalization, there has been a 50% increase in calls to poison control related to young children and cannabis. Children are very sensitive to the active ingredient in Cannabis. Any child who is exposed to second hand cannabis smoke or

who has accidentally eaten a cannabis product can become very sick. If you have Cannabis products in the home, protect your children from harm:

**Storage:** Keep all cannabis products locked up and out of reach in child-resistant containers. Clearly label cannabis edibles and store them in their original packaging out of reach of children.

**Use and supervision:** Never use cannabis in front of children, either for medical or recreational purposes. Children who see their parents use cannabis may be more tempted to try it. Children should always remain under the care of a responsible, sober adult. After a party, make sure that alcohol or drugs are put back into the child-resistant packaging and stored in a locked and out-of-reach place.

**Talk to family members, friends and caregivers:** Grandparents, other family members, neighbors, friends, and babysitters may unintentionally expose your children to cannabis. If your child is spending time in someone else's home, ask if there is cannabis. If the answer is yes, make sure the cannabis is stored safely and that he or she will not be using in front of your children or while under his or her care.

**Call 911:** If your child is accidentally exposed to cannabis dial 911, the poison control centre.

Adapted from: <http://www.parachutecanada.org/news-releases/item/as-cannabis-becomes-a-legal-drug-in-canada-remember-it-can-be-poisonous-to>

Joanna Seeley  
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## Walk like a Penguin



Falls have been identified as the leading cause of injury across Canada. Freezing rain, hard-packed snow and icy surfaces are common hazards that may lead to injury in unsuspecting children and youth during the winter months. Schools do their best to clear snow and ice as quickly as possible to reduce the risk of falls on slippery surfaces. However, additional precautions can be taken to help make outdoor activities safer for your students this time of the year.

One of the best ways to help prevent falls is by encouraging safe winter walking. NB Trauma Program would like to provide you with some simple tools that can be used to teach students about how to **Walk like a Penguin**. These resources include a poster, bookmarks and stickers that highlight the steps to take to help stay on your feet on slippery surfaces such as taking shorter, shuffle-like steps and keeping arms and hands free. We can also provide you with Safe Winter Walking brochures which encourage bringing safety

conversations home by offering safety tips such as choosing appropriate winter clothing and the importance of recognizing black ice.

For more information, please contact:

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